

HALIFAX metro

NEWS
WORTH
SHARING.

Jury hears about Kirwan's final moments

Court told gruesome details about multiple stab wounds **PAGE 3**

Not your old man's sports bar

State-of-the-art HFXSports has enough screens to show everything but The Bachelor **PAGE 4**

New wombs await embryos

Nine women receive womb transplants in Swedish pioneering project **PAGE 9**

HOLD UP, HOLD UP, YOU'RE SAYING I SOLD MORE THAN WHO?

WHEN THE STATUS QUO IS OUTSELLING KANYE'S ALBUM, WHAT WOULD A BANNER YEAR FOR J. COLE LOOK LIKE? **PAGE 13**



WELL, HELLO SAILOR!

A lone sailor makes their way up the Halifax Harbour past the Dartmouth Oil Refineries on Monday. Above-zero temperatures continued in the region yesterday and are forecasted to stick around for the remainder of the week. **JEFF HARPER/METRO**

How tall is just too tall?

Dartmouth. Growth for downtown in works, but height to be decided

Dartmouth residents who attended a public meeting on building heights in the downtown district seemed divided on what's too tall — but agreed on the need to develop and stick to clear guidelines.

City planners hosted the meeting Monday evening to begin drafting new policies in the wake of a council decision to amend the view planes that formerly governed building height.

"We knew ... there would be more demand for taller buildings," said planner Mitch Dickey. "The current planning framework really doesn't apply to those and we need to decide if taller buildings are appropriate, and where."

Dozens of participants were asked for feedback on three

options for governing height: one that sets the limit at 70 feet with options for more on "opportunity sites," one that gives approval on a case-by-case basis and one that sets out distinct height "precincts."

"Provides opportunity for good built form and visually interesting buildings," read one of several Post-it notes on the third option, the most popular.

"This makes the most sense — the challenge will be sticking to it," read another.

There was disagreement about acceptable heights, with some saying 70 feet is plenty, and others saying the maximum height should be 120 feet.

"Accept that well-designed height is a great thing," read one note.

Several people pointed out that taller buildings allow for greater density, and suggested density bonusing should be part of the approval process.

Although provincial legislation doesn't allow density bo-

High as a kite

3

Number of storeys currently allowed "as of right" along Dartmouth waterfront. Five storeys are allowed in the downtown.

nusing in Dartmouth, former Dartmouth councillor Colin May said staffers should use planning authority to make affordable housing a component of new developments.

"I don't think we should change a lot downtown until (developers) are willing to bring something to the table that addresses these societal issues," he said, to murmurs of "hear, hear."

"We should ... be talking to all MLAs about finding ways to properly accommodate everybody who deserves it."

City staff will collect feedback online for about six weeks, and hope to present to council in three to four months.

RUTH DAVENPORT/METRO



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Ashley Coggins-Comeau

Public's help sought locating missing girl, 14

Halifax police are asking for the public's help locating a missing 14-year-old Dartmouth girl.

Police say Ashley Coggins-Comeau was last seen at 3 p.m. on Jan. 8 when she left her Pleasant Street home. Police say there is no evidence to suggest she's met foul play, but there is concern for her well being.

Police are asking Coggins-Comeau, or anyone with information on her whereabouts, to contact them at 490-5016.

Comeau is described as five feet, 115 pounds with a thin build. She has blue eyes and long dark brown hair with the left side of her head shaved. She also has three skull tattoos on her left arm. **METRO**



Ashley Coggins-Comeau
COURTESY HALIFAX REGIONAL POLICE

North End

Handgun found, 2 men arrested

Charges have been laid against two Halifax men after a handgun was allegedly found following a car accident in the city's north end on Monday morning.

Just before 6 a.m., police say they received a report of a vehicle hitting the curb at the intersection of Lynch and Duffus streets.

Police say two people ran from the scene, and a can of sensory irritant was located inside the vehicle.

The suspects were eventually tracked by a police K-9 team to nearby home. Police say they located the handgun outside the residence.

Cal David Hann, 18, and Christopher Paul Baird, 25, are each facing five firearm related offences. Baird is also charged with one count of possession of cocaine. **METRO**



A sketch of Chris Falconer, right, during testimony at his murder trial in Pictou last week. NEW GLASGOW NEWS

Kirwan stabbed at least 10 times

Murder trial. Medical examiner testifies that defensive wounds suggest young woman tried to fend off her killer 'rather vigorously'

Amber Kirwan mounted a vigorous defence against her assailant before she bled to death after being stabbed at least 10 times, Nova Scotia's chief medical examiner testified Monday at the first-degree murder trial of Christopher Alexander Falconer.

Dr. Matthew Bowes said it was apparent that the 19-year-old was stabbed multiple times but it's impossible to tell how many because the wounds were so

close together.

"I think that Amber bled to death from this collection of wounds," Bowes told the jury in the Nova Scotia Supreme Court in Pictou.

Bowes said most of the stab wounds were on her neck and upper back, but one went through her heart. He said several stab wounds found on her hand were inflicted with such force that one of the fingers on her left hand was nearly severed.

Bowes was part of the team that unearthed Kirwan's partly decomposed body from a muddy grave in woods of a rural logging road outside New Glasgow on Nov. 5, 2011.

The discovery was made about a month after she disappeared following a night out with friends at a pool hall



Amber Kirwan
CONTRIBUTED

and bar in New Glasgow.

Removing her body proved difficult, Bowes said, because the soil was muddy and it was a cold day. He said he was fairly certain it was Kirwan when he was able to identify two tattoos — a butterfly and a star.

Kirwan was found face down and her wrists had been bound with material that looked like pieces of clothing, Bowes testified.

He said it was impossible to determine how long her body was there, although it had to have been there "for some time" because of the extent of decomposition.

Blood and urine tests taken from Kirwan's body indicated high levels of codeine which was also metabolized into trace levels of morphine, he added.

"These things administered with alcohol are a powerful sedative," he said.

He said although she was drugged, he believes Kirwan was able to make a conscious effort to ward off her attack because of the defensive wounds on her hands.

Under cross-examination, Bowes was asked whether it was possible to pin down the approximate time of death.

"It's almost pointless for me to give you a number because doing so would be speculative," Bowes told defence lawyer Mike Taylor.

Falconer, 31, has pleaded not guilty. The trial is scheduled to last until Jan. 31.

THE CANADIAN PRESS

Sports bar brings new game to town

Scoring points. HFX Sports opens Brunswick Street location with high-end look



HALEY RYAN
haley.ryan@metronews.ca

The general manager of the city's newest sports bar, HFX Sports, said our city has "never seen anything like this."

On Monday afternoon prior to its grand opening, Brendon Boyd said the social media attention around the high-end bar and restaurant in the Palace's old location has been "insane."

"Everything is state-of-the-art. There's nothing that we didn't go high-end with," Boyd said inside the sleek black and silver themed bar as staff prepared for its first dinner rush.

HFX Sports has over 100 televisions throughout the space, including the 20-foot main screen above the light-up glass bar and some in the washrooms.

STREAM THE SOUND

The main speakers play music, but Boyd said anyone who wants to hear the sports commentary on TV could download an app on their phone and stream the sound at their table.

Jennifer Deyoung, 29, had dinner at HFX Sports Monday evening and said she liked the classier space because she usually thinks of sports bars being "dirty and seedy."

"I've seen a lot of things like this come and go because interest does wane, so I hope that it sticks around," Deyoung said.

Despite expensive touches like bone china and high-end Scotch, Boyd said the

food and drink prices aren't "out of whack" and the average person could have a beer for \$5.50.

'NOT A BAD SEAT IN THE HOUSE'

Rick Lusky also tried out the bar Monday, and said the main screen is perfect for sporting events like the Super Bowl or hockey play-offs.

"There's really not a bad seat in the house," Lusky said. "You can always see at least one or multiple TVs, so that's key."

Although HFX Sports is the newest of multiple sports bars in the city, Boyd said the bar is different enough to set it apart and draw enough business to stay open long-term.

Quoted

"There's no reason why we can't do well here."

HFX Sports general manager
Brendon Boyd



Inside of HFX Sports a few hours before opening for customers on Monday. JEFF HARPER/METRO



Some of the 100 TVs you'll find inside the downtown Halifax bar. JEFF HARPER/METRO

Always room for another player

Bubba Ray's welcomes sports bar competition

Far from facing off against a new competitor HFX Sports, the general manager of Bubba Ray's Sports Bar said he welcomes a new player into the downtown ring.

Woody Menear said Monday it was great to see a new place opening up after many Halifax bars, namely the Pogue Fado, closed down recently.

"It's nice to see people hiring and not letting go,"

Menear said. "We wish them the best of luck."

He said many people seem to love the community feeling that are found in sports bars during a big game.

"The atmosphere is electric," Menear said. "It's a fun environment to be in."

Although the Brunswick Street spot is joining the likes of Bubba Ray's, Boston Pizza, Oasis, and Big Leagues, Menear said he doesn't think a sports-bar boom is necessarily on the way.

"It's today's market, you have to go with what works," Menear said. "I think it's just another idea, and if this one doesn't work then we move on to something else."

New Halifax ferry to be named after fallen soldier

When the newest Halifax ferry takes to the harbour waters this spring, it will bear the name of a local war veteran who was killed in action.

The name displayed on the ferry will be Christopher Stannix, the municipality announced on Monday.

Over 12,800 votes were cast over the past few weeks in an online contest to name the new Woodside-Halifax



A Metro Transit ferry. JEFF HARPER/METRO

ferry.

"People were really inter-

ested in it, which is nice," said HRM spokeswoman Janet Bryson.

Master Corporal Stannix, 24, was a graduate of Auburn Drive High School in Cole Harbour and attended Saint Mary's University.

He joined the Canadian Armed Forces in 2001, and was a reservist in the Princess Louise's Fusiliers of Halifax.

Stannix put his education on hold when he went to

fight in Afghanistan in 2007, where he was killed when the car he was riding in hit a roadside bomb.

The name is awaiting approval from Transport Canada to be displayed on the new ferry.

The final five names the public could choose between were Daniel Brownlow, Chebucto, Vincent Coleman, Robery Keddy, and Christopher Stannix. **METRO**

Top names in contest

Top percentage of votes in HRM's ferry name contest

- Christopher Stannix: 61%
- Vincent Coleman: 18%
- Chebucto: 12%



Cpl. Christopher Stannix
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Valuation. HRM property assessment base booms

Assessment notices are in the mail for about 600,000 property owners across the province.

Property assessments are one part of the equation that determines property taxes every year. They're based on market values as of Jan. 1, 2012, and the physical condition of a property as of Dec. 1, 2013.

The CEO of Property Valuation Services Corporation states in a release that Nova Scotia's overall property assessment base has grown by nearly \$4 billion from 2013.

Kathy Gillis attributes the increase to market growth and new construction.

The release states that

Appeal deadline

Property owners who want to appeal their assessment have until midnight on Feb. 13.

HRM saw the highest growth in the province, thanks in large part to multi-residential construction and commercial development.

The residential sector grew by nearly \$2 billion and the commercial sector by \$700 million. The assessment base in HRM now totals almost \$50.9 billion.

The provincial CAP rate is 0.9 per cent for 2014. **METRO**

Accessory. Man pleads guilty in woman's murder

A 34-year-old Halifax man pleaded guilty Monday to being an accessory to murder in the death of a Cape Breton woman.

John Wayne Hynes, now of Richmond Street in Halifax and formerly of Glace Bay, pleaded guilty to assisting Thomas Ted Barrett, 38, of Glace Bay, dispose of the body of Brett Elizabeth McKinnon, 21, so Barrett could escape prosecution.

The offence occurred from June to December 2006.

Barrett is charged with

second-degree murder in connection with McKinnon's death and faces a similar charge in the death of 21-year-old Laura Catherine Jessome of Bras d'Or, whose body was found in a hockey bag along the shore of the Mira River, near Marion Bridge, last May.

Three other men are also charged in connection with Jessome's murder. Two are charged with being accessories while the third is charged with second-degree.

Hynes will be sentenced March 21. **CAPE BRETON POST**

Yarmouth

Ferry set for May 1 start date

The company re-establishing ferry service between Yarmouth and Portland says it is on schedule for a May 1 start and working toward having its online reservation system in place in the coming weeks.

"Nova Star Cruises has placed ads in many important tourism publications, including Nova Scotia's Doers and Dreamers, Maine's Maine Invites You and a number of regional visitors' guides," says Sean Lewis, a spokesperson for STM Quest.

The ferry is still at ST Marine's shipyard in Singapore. Lewis said "in the near future" it will receive modifications and paint before its voyage to North America. **YARMOUTH VANGUARD**

Bridgewater

Father, son escape burning home

The Canadian Red Cross says a father and son were forced to jump out of a window to escape a house fire that gutted a split-entry home in Bridgewater early Monday.

The fire was reported at 3:45 a.m. at 1067 King St.

Several pet dogs, whom the homeowner credits with waking up both him and his son, also made it out safely.

The father and son were taken to hospital as a precaution.

Disaster volunteers with the Red Cross are now arranging emergency purchases for the family. The Dawson Daisy, a thrift shop, is also helping out with clothing. **METRO**



The river runneth over

Mark MacDonald, left, watches Ryan James control an RC Speedboat on a flooded Bud Bremner Sports Field in Bedford on Monday. The warm weather has caused the Sackville River to overflow its banks. **JEFF HARPER/METRO**

Transit tech upgrades on council agenda

Bid. Councillors to discuss awarding tender for first phase of project to replace automated vehicle location system

By the numbers

\$7.5M

The total potential cost of transit-technology tenders coming to council on Tuesday.



Metro Transit buses **JEFF HARPER/METRO**

(AVL/CAD) to Trapeze Software Group Inc. for a total price of \$5.9 million.

"That helps Metro Transit see where its vehicles are when they're in service and it would relay real-time bus-arrival information," said HRM spokesperson Janet Bryson.

The new AVL/CAD will replace a system purchased in 2006 with an "off-the-shelf" system that will take 18 to 24

months to be installed.

"There's been lots of technological changes since that time," said Bryson. "This is a system that would ... improve our ability to make data-driven decisions for transit planning and scheduling."

Trapeze is also recommended for future upgrades of automated vehicle announcement and automated

passenger counters.

The Trapeze proposal "took varying exceptions to many of HRM's standard terms and conditions for similar scopes of work," according to the staff report, which also recommends authorizing the CAO's office to negotiate a contract with the company.

However, the bid also provided the costs of implementation and life-cycle costs for some "public facing" requirements, such as email and text scheduling and alerts.

"As a result, the Trapeze proposal provides HRM with a higher level of confidence," states the report.

RUTH DAVENPORT/METRO

Report sought on peninsula snow-clearing



An HRM plow clears out a city sidewalk last month. **JEFF HARPER/METRO**

The councillor for downtown Halifax is looking for a staff report on the city's first season of clearing sidewalks on the peninsula, with a specific focus on the implications of cancelling the program.

HRM took over snow-clearing duties for the first time this year, handing the duties

to performance-based contractors.

The changeover got off to a poor start when crews failed to meet service standards after a storm in December that left sidewalks coated in ice.

Coun. Wayne Mason will table a request Tuesday for

council to ask city staff for an end-of-season report, "specifically reporting on operational challenges and cost of enhancing service levels and times, and implications of cancelling the program."

Mason wasn't available for comment on Monday. **METRO**

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Petition urges Canada Post to keep door-to-door delivery

More than 120,000 signatures. Effort aims to draw attention to effects change may have on those with limited mobility

An online petition urging Canada Post to reconsider its decision to end door-to-door delivery in urban centres has garnered more than 120,000 signatures.

The petition was started by Susan Dixon, a mother from Cambridge, Ont., on Dec. 15.

"My youngest has cerebral palsy and uses a walker or wheelchair to get around," Dixon says in the petition. "For me, Canada Post's decision would mean having to bundle them up and struggle through the snow with a wheelchair just to get our mail."

Canada Post announced some dramatic changes to its operations last month, including plans to phase



Canada Post trucks are parked in a lot in Mississauga, Ont. FRANK GUINN/THE CANADIAN PRESS

out the age-old tradition of home delivery in urban areas. The company said that without postal carriers travelling by foot, it would save a significant amount of

money.

"My hope is that they change their minds and really consider what they are going to be doing to people with disabilities,"

said Dixon.

The petition — posted on the website Change.org — draws attention to anyone in Canada who has limited mobility, and the

possibly dangerous effects this change could have on their lives.

With the help of organizers at Change.org, Dixon said she will soon be bringing the petition to several executives at Canada Post, including chief executive Deepak Chopra, and to the Minister of Transportation Lisa Raitt.

"We're certainly going to watch that (petition) and any feedback that people put forward," said Jon Hamilton, a spokesman for Canada Post.

"When we hear about Susan and her issues, we hear those loud and clear and we know we need to be sensitive and understanding in our approach to changes," he said.

"But the status quo is not going to change."

Hamilton said that Canada Post is trying to maintain service to all Canadians but that they need to find innovative ways to do it in order to remain self-sufficient.

THE CANADIAN PRESS

Calgary

Parents camp out all night to secure kindergarten spot

Catholic parents braved sub-zero temperatures camping out front of a southwest Calgary school overnight Monday in hopes of securing a kindergarten spot for their child.

The move comes as both Calgary Catholic School District and Calgary Board of Education representatives are crying for immediate approval of new infrastructure projects to meet surging student enrolment.

CCSD spokesperson Sean Myers confirmed three parents arrived out front of John Costello School around 6 p.m. Sunday and were later joined by more around midnight. By the time the principal arrived to open Costello Monday morning, more than 20 parents had joined the makeshift campsite.

Costello families had been warned that if they did not already have children attending the school, they needed to arrive first thing Monday to register for kindergarten and wait lists would be drafted once capacity was reached.

JEREMY NOLAIS/METRO IN CALGARY

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Québécois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other."

THE CANADIAN PRESS

Health care. Costs should be made available to patients: Hospital CEO

Watching Breaking Bad — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musy, CEO of Windsor Regional Hospital, thinking about how little Canadians know about the cost of their health care.

Musy, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately \$50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musy asked in an interview.

In a report to his hospital's board of directors, Musy suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musy.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France Gélinas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musy said he's pretty sure of one thing: "If Breaking Bad was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over."

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it." THE CANADIAN PRESS



Man killed in Ontario shopping mall collapse

Construction workers look on after a partial collapse at a shopping mall construction site left a man dead in Mississauga, Ont., Monday. Police say the man died after being trapped in the collapse. Emergency crews rushed to the Sheridan Centre at about 11:30 a.m. and found the worker trapped. A rescue effort ensued, but he was later declared dead at the scene. The cause of the collapse has not yet been determined. MARK BLINCH/THE CANADIAN PRESS

France. History suggests president can come away clean from sex scandal

With a 15 per cent approval rating, French President Francois Hollande was in crisis even before allegations emerged of an extramarital tryst with actress Julie Gayet. His refusal to deny the affair, and the hospitalization of his partner threatens to destroy what remains of his reputation.

But Hollande may be able to staunch the bleeding. Previous presidents Francois Mitterrand and Jacques Chirac were able to laugh off infidelities with indulgence of the media.

"Hollande would be adhering to a time-honoured French tradition of official mistresses," wrote Prof. Matthew Fraser, politics and media specialist at Sciences Po Paris.

Culturally, France has always been less interested in politicians' love lives than many other countries. This



Francois Hollande and Julie Gayet.
GETTY IMAGES FILE

has been reflected in a cross-party refusal to attack Hollande, while a magazine opinion poll showed 77 per cent considered the subject a "private matter."

The scandal could even provide some respite.

"Hollande may benefit from changing the subject away from bad news on the economy," says Dr. James Stanyer of Loughborough University and author of *Intimate Politics*.

KIERON MONKS/METRO WORLD NEWS

Abortion

People waste life like they waste food, says Pope

Pope Francis on Monday criticized abortion as part of a "throwaway culture" that wastes people as well as food, calling such a mentality a threat to world peace.

Francis has generally limited his exhortations on abortion, saying church teaching is well known. **THE ASSOCIATED PRESS**

India

Tigers threatened by canine virus

India is scrambling to protect its beleaguered tiger population after several big cats tested positive for a virus common among dogs but deadly to other carnivores, experts said.

In the last year, the canine distemper virus has killed at least four tigers and several other animals, says the National Tiger Conservation Authority.

India's breakneck development and staggering population growth means more people — and more dogs — are coming even closer to wildlife. Authorities are considering a massive campaign to vaccinate dogs. **THE ASSOCIATED PRESS**

Supreme Court ruling

Late-abortion ban fails in Arizona

The U.S. Supreme Court has rejected Arizona's attempt to ban most abortions after 20 weeks of pregnancy.

The justices on Monday declined to reconsider a lower-court ruling that says the law violates a woman's right to terminate a pregnancy before a fetus is able to survive outside the womb. "Viability" of a fetus is generally considered to start at 24 weeks.

Supporters argued the ban protected women's health and prevented fetuses from experiencing pain. **THE ASSOCIATED PRESS**

Britain

Incredibly tiny, rare lily stolen

A minuscule, nearly extinct water lily has been stolen from London's Royal Botanic Gardens, officials said Monday. Police said that sometime Thursday a *Nymphaea thermarum* was taken from a glasshouse at the garden in Kew.

The lily, so rare that it doesn't have a common name, was discovered in the mud of a spring in southwest Rwanda. When the mud dried up in 2008, the plant disappeared from the wild. **THE ASSOCIATED PRESS**

Swedes hoping womb transplants bear fruit

Frontier science. With surrogates banned, this may be only chance for women to bear children

Nine women in Sweden have successfully received transplanted wombs donated from relatives in an experimental procedure that has raised some ethical concerns. The women will soon try to become pregnant with their new wombs, the doctor in charge has revealed.

The women were born without a uterus or had it removed because of cancer.

In many European countries, including Sweden, using a surrogate to carry a pregnancy is illegal.

There have been two previous attempts to transplant a womb — in Turkey and Saudi Arabia — but both failed to produce babies. Scientists in Britain, Hungary and elsewhere are also planning similar operations.

"This is a new kind of surgery," said project lead Dr. Mats Brannstrom, chair of the obstetrics and gynecology department at the University of Gothenburg. "We have no textbook to look at."

Brannstrom said the nine recipients are doing well. Many already had their periods six weeks after the transplants, an early sign that the wombs are healthy.

One woman had an infection and others had some minor rejection episodes, but none of the recipients or donors needed intensive care after the surgery, Brannstrom said.



In this 2012 photo made available by the University of Gothenburg, the research team practises before the womb transplants at the Sahlgrenska Hospital in Sweden. JOHAN WINGBORG/UNIVERSITY OF GOTHENBURG/THE ASSOCIATED PRESS

The operations did not connect the women's uteruses to their fallopian tubes, so they are unable to get pregnant naturally. But all who received a womb have their own ovaries and can make eggs for in-vitro fertilization.

Brannstrom warned the transplants might not yield children but was optimistic.

"This is a research study," he said. "There are no guarantees.... What is certain is that they are making a contribution to science."

THE ASSOCIATED PRESS

Concerns

Some experts have raised concerns about whether it's ethical to use live donors for an experimental procedure that doesn't save lives.

- Dr. Richard Smith, head of the U.K. charity Womb Transplant UK, said removing a womb for donation is like a radical hysterectomy but requires taking a bigger chunk of the

surrounding blood vessels to ensure adequate blood flow for the fetus, raising the risk of complications for the donor.

- Brannstrom said using live donors allowed them to ensure the donated wombs were functional and didn't have any problems, such as an HPV infection.

Winnipeg. Family friend allegedly kidnaps teen

A Winnipeg teen is unharmed after he was allegedly kidnapped for ransom by a family friend.

Winnipeg police said a man, known to a local family, convinced the 14-year-old boy that he was a police officer and that the boy was being investigated for an assault.

Authorities said the man took the teen to a downtown hotel, took the teen's phone away and convinced him to stay in the room to avoid going to jail. He also produced a replica pellet handgun to

further convince the teen to stay, said police.

The man then returned to the family, police said, but not before leaving an anonymous note explaining their son had been kidnapped and demanding money.

Officers found the teen and made an arrest.

Harpreet Singh Kanda, 19, faces charges of impersonating a police officer, extortion, kidnapping using a firearm, possession of a weapon and carrying a concealed weapon.

METRO IN WINNIPEG

Weeknights at 6 K8 counts down the HOTTEST songs of the day

TOP SIX @ 6

- 6 Passenger Let Her Go
- 5 Miley Cyrus Adore You
- 4 Beyonce XO
- 3 Classified Pay Day
- 2 Eminem ft Rihanna The Monster
- 1 Pitbull ft Ke\$ha Timber

101.3 THE BOUNCE

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Time to get rid of old, unsafe tank cars carrying oil

'Something has to be done.' Liberal international trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an

overflow crowd of industry types, regulators, lobbyists and local first responders that railways "will continue to push aggressively" for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

Transport Minister Lisa Raitt responded on the weekend by promising the government will formalize the standard for new tank car construction adopted by the rail industry in October 2011.

"Something has to be done because of what we've seen in the past six months and what can potentially occur as the amount of oil (being shipped) continues to increase. It's just too dangerous," said Marc Garneau, the Liberal international trade critic. **THE CANADIAN PRESS**

Safety alert

Derailments

Federal investigators have determined that 400,000 gallons of oil was lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota. The derailments of the two BNSF Railway trains sparked massive explosions in southeast North Dakota. About 1,400 people were evacuated.

THE ASSOCIATED PRESS



Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon, at his family farm near Sderot, southern Israel, on Monday. Israel said its last farewell to Sharon with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at the farm. **ARIEL SCHALIT/THE ASSOCIATED PRESS**

Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell.

A policeman, Det. Patrick Traynor, testified that, when charged with murder in police custody earlier Monday, Bellante replied: "I am guilty." **THE ASSOCIATED PRESS**

Bodies litter South Sudan oil area. Military pushes on rebel-held town

Dozens of dead, mangled and bloated bodies line the roadside from the airport into this state capital of one of South Sudan's oil-producing regions. Houses, buildings and shops have been looted, burned or destroyed, as blackened cars and buses smoulder.

The remnants of war in Bentiu show the damage being done across the world's newest country, as the military continues to battle men who served in the same ranks only a month ago but who are now labelled rebels. Bentiu was re-captured by the military over the weekend. Next up for government troops is the rebel-held town of Bor.

"What you see here is destruction," said Gen. James Hoth Mai, the military's chief of staff. "But the rebels are on the run and we are pursuing them."

Mai immediately turned his thoughts to Bor: "This is a war and we have a large number of soldiers in Bor. We are putting them there for a final

Attacks

Violence broke out Dec. 15 and quickly radiated across the country, often in ethnic-based attacks.

- A precise death toll is not known but the International Crisis Group has estimated that nearly 10,000 people have died.
- The U.N. says nearly 400,000 people have fled their homes.

assault."

Negotiators for the two sides in South Sudan's nearly month-old conflict met face-to-face in Addis Ababa, Ethiopia, on Monday following shuttle diplomacy between Addis Ababa and Juba, the capital of South Sudan. A Kenyan mediator, Lazarus Sumbeiywo, said the agenda will include talks on a cessation of hostilities. **THE ASSOCIATED PRESS**

Potatoes and pink hats. John Kerry meets with Russian foreign minister

For some watchers of international diplomacy, the sombre road to Syrian peace was over-run Monday by potatoes and furry pink hats.

A swapping of delegation gifts between U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov served as a distraction from predictions of elusive success in Syria.

The usually stern-faced Lavrov came to the meeting armed with at least two ushankas, a traditional Russian fur hat with earflaps that tie to the top of the hat. Both hats went

to women on Kerry's press staff — including a bubblegum-pink one for State Department spokeswoman Jen Psaki.

The more bizarre bout of diplomacy came over a pair of Idaho potatoes. Kerry explained he was in Idaho over the holidays when he and Lavrov spoke by phone. The Russian, it seemed, associated Idaho with potatoes.

Kerry and Lavrov sat next to each other at an otherwise grim news conference on militant threats to humanitarian aid for Syria.

THE ASSOCIATED PRESS



U.S. Secretary of State John Kerry, standing left, gives a pair of Idaho potatoes as a gift to Russia's Foreign Minister Sergey Lavrov in Paris on Monday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Gen. African Republic

Interim leader says chaos 'over'

The interim leader of the Central African Republic vowed Monday that the era of anarchy in the tumultuous country was now over, a bold declaration made only days after the man who had seized power in a coup last year stepped down under international pressure.

THE ASSOCIATED PRESS

N.Y.C. art scheme

Ex-aide to Imelda Marcos gets prison

A former aide to ex-Philippines first lady Imelda Marcos was sentenced Monday to two to six years in prison after being convicted of scheming to sell a \$32-million Claude Monet painting overlaid with political intrigue: It's part of a roster of valuables the Philippine government has sought to reclaim from the former first couple.

THE ASSOCIATED PRESS

Security on alert

Eve of Egypt's constitutional referendum

Egypt's security chief on Monday warned supporters of the ousted Islamist president that troops guarding polls during the next day's constitutional referendum will deal with anyone attempting to disrupt the vote with unprecedented force. **THE ASSOCIATED PRESS**

Cellphone dispute

Shooting at U.S. movie theatre

Authorities say a man has been arrested on suspicion of shooting two people — one fatally — after an argument over cellphone use at a Florida theatre. Sheriff's spokesman Doug Tobin said two couples had been watching Lone Survivor on Monday at a theatre, when the suspect and his wife apparently took issue with the couple in front of them over use of the phones.

THE ASSOCIATED PRESS

Death of the change purse? Royal Canadian Mint tests digital currency MintChip

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.



First launched in 2012, just days after it was announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about \$10 or less.

It could be used in place of cash to buy a coffee or fast food, and online it was envisioned to enable easy transactions for things like buying music, news articles, or add-ons for video games.

THE CANADIAN PRESS

McD's CEO saw success at bottom of coffee cup

Do you want a cup of joe with that? Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And



John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger

King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April

2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says.

TORSTAR NEWS SERVICE

Market Minute



DOLLAR
92.20¢
(+0.47¢)



TSX
13,681.48 (-66.04)



OIL
\$91.80 US (-\$0.92)



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Dow Jones: 16,257.94 (-179.11)

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PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting, but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a \$770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream



SHE SAYS
Jessica Napier
metronews.ca

masses in North America and beyond.

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her partner to buy a pricey item off her delivery-room wishlist.

Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgment.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Why, hello there, Miss Bear



KEVIN DIETRICH/SOLENT NEWS

Metro Q&A with photographer

'Not a man in a bearsuit'



KEVIN DIETRICH
Realty broker/amateur
photographer, 33,
from Steamboat
Springs, Colo.

Where did you take this amusing photograph?
In the Chugach National Forest in Alaska. My brother

and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?

Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a pho-

tograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?

Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing

aspect.

What does this image represent? Is it more than a shot of a cute bear?

In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

**INTERVIEW BY ANTHONY JOHNSTON/
METRO WORLD NEWS**

WE ACT: CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller

Where: Summerland, B.C.

What: Founded Agur Lake Camp

Why: Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?

It will give them a break from the pain and suffering



CONTRIBUTED

they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

DVD review



You're Next

Director. Adam Wingard

Stars. Sharni Vinson

• • • • •

You don't need anybody to fingerprint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

It was all a dream ...

Born Sinner. J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

EMILY LAURENCE
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile.

But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of cre-

ating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals.

"Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy.

"I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains.

"I want to change the way people feel about themselves not just on a physical level, but the way black



J. Cole is doing well with this rappin' stuff. CONTRIBUTED

people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercol-

ours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

2 SCENE

Let it all hang out.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical.

Since she didn't have a seat in the audience, she sat on Bono's lap when her



nomination was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono. Poehler's boyfriend Nick Kroll, comedian and star



of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.



Prince

Purple Rain pop star to make post-Bowl cameo on New Girl

Fox's post-Super Bowl party will include Prince making a guest appearance on the comedy New Girl.

In an episode of the show that will air directly after the big game next month, Zooey Deschanel's character is invited to a mansion party hosted by Prince — and her friends are determined to crash.

Fox will also air an episode of Brooklyn Nine-Nine that night after New Girl, with the show fresh off its Golden Globe award for best comedy. The Super Bowl is traditionally the most-watched television event of the year, so the time slots after it are considered prime real estate.

THE ASSOCIATED PRESS

Ke\$ha tried to make mom go to rehab and she said yes, yes, yes



Ke\$ha

The family that rehabilitates together stays together, it would seem, as singer Ke\$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm checking myself into Timberline Knolls today for post-traumatic stress disorder, at Ke\$ha's urging," she tells the magazine. Ke\$ha checked into the facility earlier this month to cope with an eating disorder.

Streak Domestic Short Hair

Five year old Streak is a beautiful, well-mannered and quiet boy who was very frightened when he first arrived. Now in a foster home, his true gentle nature has come out. He only needed a bit of patience and time to adjust to new surroundings. He loves to have his head and face petted and will hang out with you. Streak is declawed and doesn't mind other cats but would prefer a home without young children. Please contact the Shelter today to arrange a visit with Streak... He is anxiously awaiting his forever home.



For more information on Streak and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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HIMYM star smiles it forward

Alyson Hannigan.
The *How I Met Your Mother* actress talks to Metro about some of the surprises that parenting brings

**EMILY
LAURENCE**
Metro World News

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate \$1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.



How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

That must be interesting.

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm

wearing them all!"

Who do you go to and trade parenting advice with?

I talk to the other moms at my daughter's school and my best friend, Pamela Fryman,

who is the director of *How I Met Your Mother*. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars

is the best with kids?

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies He likes to keep his distance, but he's really good with them.

3
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A flour substitute — with a warning

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour

recipes may be a good idea for you (or on occasion).

- Almond flour contains more protein than wheat flour, and has no gluten.

- Almond flour contributes twice the potassium and six times more calcium than wheat flour.

- One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Almond Flour Brownies get Paleo-friendly makeover



TOTAL TIME
ABOUT 30 MINUTES

This recipe serves 12. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

This is a Paleo-friendly, low glycemic, high nutrient and

easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in micro-

FLASH FOOD

From your fridge to your table in 30 minutes or less



wave for a minute or two, allow to cool.

3. Whisk in molasses, eggs,

vanilla, salt, cinnamon, baking soda, almond flour and cocoa powder. Pour into pan.

4. Bake for about 22 - 25 minutes just until edges begin to set.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs

- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda

- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder



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Ready to 'have fun' in Calgary: McDonald

Islanders goalie.
Halifax 17-year-old to play in the BMO CHL/NHL Top Prospects Game Wednesday

Mason McDonald is approaching Wednesday night's game with Canada's best players at his age in a good frame of mind.

The Charlottetown Islanders goalie will play in the BMO CHL/NHL Top Prospects Game in Calgary with Team Orr. The 17-year-old from Halifax left Monday morning for Alberta.

"There's no point in putting pressure on myself, that will just make it tougher. So I'm just going to have fun, work hard and win the game," McDonald said. "It's going to be fun to play against the top prospects and I'll see what the skill level is like compared to the (QMJHL)."

McDonald has played with some of the prospects on the under-18 national team, including Cape Breton Screaming Eagles forward Clark Bishop. The two also played

Just fun and a game

"It's going to be a lot of fun. I've been looking forward to it for a few weeks now and I'm excited to go."

Mason McDonald, Charlottetown Islanders goalie, on playing in Wednesday's BMO CHL/NHL Top Prospects Game.

together for Atlantic at the Under-17 World Hockey Challenge.

The Islanders acquired Mc-



The Charlottetown Islanders' Mason McDonald was ranked the top QMJHL goalie prospect on Monday. BRIAN MCINNIS/CHARLOTTETOWN GUARDIAN

Donald in late December from the Bathurst Titan. He has a 1.95 goals-against average and a .938 save percentage in his three games with the Islanders.

"He certainly seems very focused. His performance in his first three starts here has shown that," said Islanders coach Gordie Dwyer. "He has a quiet confidence to himself."

The Islanders had been high on McDonald before acquiring McDonald, but he's exceeded expectations since he joined the team.

"He's left a really strong

impression here early on," said Dwyer.

NHL Central Scouting Services ranked McDonald seventh-best North American goalie on Monday. He was the top QMJHL goalie and third in the CHL.

"I try not to think of the draft too much and just play my game," McDonald said.

Dwyer said McDonald is very focused on developing as a player and the Islanders are pleased to have him.

"We're in it for the long run with Mason," he said.

CHARLOTTETOWN GUARDIAN

Game on

Top coaches for top young prospects

Mason McDonald will play for Team Orr, which will be coached by former Calgary Flame Lanny McDonald with Mike Vernon and Joel Otto as his assistants.

A five-time NHL all-

star, Vernon played 19 NHL seasons for four teams and won two Stanley Cups, one with the Flames and one with the Red Wings.

McDonald and Chicoutimi's Julio Billia will be the goaltenders for Team Orr.

Team Cherry will have Plymouth goalie Alex Nedeljkovic and Prince George's Ty Edmonds.

Ehlers in top 25 for NHL draft

Halifax Mooseheads forward Nikolaj Ehlers is ranked in the top 25 North American skaters in the midterm rankings released Monday by NHL Central Scouting for the 2015 draft.

Ehlers, a 17-year-old from Aalborg, Denmark, is leading the Mooseheads in scoring this season with 25 goals and 58 points in 33 games. The point

total is top amongst rookies and seventh-best in the QMJHL.

Ehlers is one of only two players from the QMJHL to make it in the top-25 for North American skaters. The other is Ivan Barbashev of the Moncton Wildcats, who ranked 12.

Two other members of the Mooseheads have also made the rankings. Forward Daniel

NHL draft

June 27

The two-day 2014 NHL draft starts June 27 in Philadelphia.

Moynihan is at No. 66 and defenceman Matt Murphy is at

No. 105.

As for goaltenders, Halifax's Mason McDonald, who plays with the Charlottetown Islanders, comes in ranked No. 7. McDonald was the top goalie selected in the 2012 QMJHL draft, and is 5-9 this season with a 3.22 goals-against average and an .898 save percentage.

PHILIP CROUCHER/METRO



Halifax Mooseheads forward Nikolaj Ehlers. JEFF HARPER/METRO

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4 SPORTS

Jets fly high with fresh start vs. 'Yotes

NHL. MTS Centre rocks with new coach Maurice behind the bench in Winnipeg

The Winnipeg Jets found the energy they've lacked for weeks with a new coach on the bench and snapped a five-game losing streak by overwhelming the Phoenix Coyotes 5-1 on Monday night.

Olli Jokinen, Eric O'Dell, Blake Wheeler, Michael Frolik and Devin Setoguchi scored for the Jets (20-23-5), who outshot the Coyotes 38-19.

Oliver Ekman-Larsson scored for Phoenix (21-15-9) but it was the only shot Ondrej Pavelec would let in.

Fans didn't even wait until the game started to show how they felt about the coaching change. Paul Maurice got his first cheer during the national anthem when his face showed on the scoreboard.



Devin Setoguchi celebrates his third-period goal on Monday in Winnipeg. THE CANADIAN PRESS

He took over after Claude Noel was sacked Sunday, ending his 2 1/2 years as the first coach of the Jets following the Thrashers' move from Atlanta and name change.

Ekman-Larsson scored the first goal of the game on the power play at 12:16 but the

Coyotes didn't have much time to celebrate.

Jokinen battled a behind-the-net pass from Dustin Byfuglien past Mike Smith at 12:52 to tie it up and then O'Dell scored his second of the season as he dashed in to snap in another at 18:00.

Thanks to four power-play opportunities the Jets outshot Phoenix 12-7 in the first period but both their goals were even strength. Winnipeg's power play is ranked 25th in the NHL.

The Jets kept up the pressure in the second until Wheeler backhanded Mark Scheifele's rebound past Smith to make it 3-1. At the halfway mark of the period the Jets had outshot Phoenix 9-1.

Fans responded with cheers for the intensity the Jets brought to the game instead of the boos that have rained down on the team after some of their more lacklustre recent efforts.

THE CANADIAN PRESS



Raonic tops Spaniard as temperatures rise

Milos Raonic began his Australian Open with a 7-6 (2), 6-1, 4-6, 6-2 defeat of Spain's Daniel Gimeno-Traver on Tuesday to reach the second round in sweltering temperatures. Raonic, the 11th seed from Thornhill, Ont., was tested for nearly two and a half hours in the demanding heat that hovered just above 40 C. AIJAZ RAHI/THE ASSOCIATED PRESS

NBA

Raptors ratchet up intensity to take control of Atlantic

Kyle Lowry had 23 points

as the Toronto Raptors won their third straight game Monday night, 116-94 against the lowly Milwaukee Bucks.

The Toronto point guard hit six of eight shots from the field, including four of

five three-point attempts, as the Raptors (19-17) moved two games above .500 for the first time in four seasons. The last time was March 9, 2010 when Toronto was 32-30.

THE CANADIAN PRESS

2016 Summer Games

Rio planning chief playing catch-up

The army general appointed three months ago to co-ordinate planning for the 2016 Rio de Janeiro Olympics says his job is like "changing a tire on a car that's moving."

Maj.-Gen. Fernando Azevedo e Silva, named by President Dilma Rousseff to head the Olympic Public Authority, acknowledged in an interview published in a Sao Paulo newspaper Monday that deadlines are "very short" to prepare South America's first Olympics.

THE ASSOCIATED PRESS

Jackie Robinson

ROY award fetches \$400K at auction

Jackie Robinson's 1947 Rookie of the Year award for the season he broke baseball's colour barrier has sold for \$401,968.

Leland's auction house said Monday that Robinson's trophy he won with the Brooklyn Dodgers was sold to an anonymous buyer on Friday. The award came with a letter from Robinson's widow, Rachel. THE ASSOCIATED PRESS

NFL. Peyton focused on Buds over bracing for Patriots

Peyton Manning's mind is on New England, not his neck.

When answering a question last week about whether he could still enjoy the play-offs given his previous post-season disappointments, Manning said that "the light is at the end of the tunnel for me, no question."

Meaning, at age 37, he certainly has more seasons behind him than ahead.

Following Denver's 24-17 win over San Diego on Sunday that sent the Broncos into the AFC championship, Manning was asked whether an exam on his surgically repaired neck — which ESPN reported will determine whether he even plays next season — was weighing on his mind.

"It's really not," Manning said.

"What's weighing on my mind is how soon I can get a Bud Light in my mouth. That's priority one."

Neither Manning nor the Broncos have any indication whatsoever that he won't pass his medical exam in March — if anything were wrong, he wouldn't be playing. And he's coming off the best statistical season of his brilliant career.

But he's not one who likes



Peyton Manning
GETTY IMAGES

to look too far ahead anyway, just like he hates going down memory lane or talking about his health publicly.

He didn't even want to talk about facing the Patriots following Denver's win over the Chargers.

"It was an intense game and up and down and a lot of emotions," Manning said.

"Even the Patriots is (too far) ahead. And that question is way far ahead. I am not there. This team has been a one-week-at-a-time season ... that approach has served us well and I think we need to keep that approach from here on out."

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	46	27	15	4	134	112	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
Columbus	46	22	20	4	129	131	48
New Jersey	47	19	18	10	108	117	48
Carolina	46	19	18	9	111	130	47
NY Islanders	47	18	22	7	130	152	43

Monday's results

Calgary 2 Carolina 0
Columbus 3 Tampa Bay 2
Winnipeg 3 Phoenix 1
Vancouver at Los Angeles

Sunday's results

Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Anaheim 1 Detroit 0

Tuesday's games — All Times Eastern

San Jose at Washington, 7 p.m.
Tampa Bay at NY Rangers, 7 p.m.
Toronto at Boston, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
NY Islanders at Florida, 7:30 p.m.
New Jersey at Montreal, 7:30 p.m.
Ottawa at Minnesota, 8 p.m.
Calgary at Nashville, 8 p.m.
Phoenix at St. Louis, 8 p.m.
Colorado at Chicago, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Wednesday's games
Buffalo at Toronto, 7:30 p.m.
Washington at Pittsburgh, 8 p.m.
Vancouver at Anaheim, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	48	20	23	5	133	146	45

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	45	21	15	9	134	141	51
Calgary	46	16	24	6	103	144	38
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results

San Francisco 23 Carolina 10
Denver 24 San Diego 17

Saturday's results

Seattle 23 New Orleans 15
New England 43 Indianapolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19

New England at Denver, 3 p.m.
San Francisco at Seattle, 6:30 p.m.

SUPER BOWL

Sunday, Feb. 2

At East Rutherford, N.J.
AFC champion vs. NFC, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
d-Toronto	19	17	.528	10
Atlanta	20	18	.526	10
Washington	17	19	.472	12
Chicago	17	19	.472	12
Detroit	16	22	.421	14
New York	15	22	.405	14½
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
Cleveland	13	24	.351	16½
Boston	13	26	.333	17½
Philadelphia	12	25	.324	17½
Orlando	10	28	.263	20
Milwaukee	7	30	.189	22½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	30	8	.789	—
d-Portland	28	9	.757	1½
Oklahoma City	28	9	.757	1½
d-L.A. Clippers	26	13	.667	4½
Houston	25	14	.641	5½
Golden State	25	14	.641	5½
Dallas	23	16	.590	7½
Phoenix	21	16	.568	8½
Denver	19	18	.514	10½
Minnesota	18	19	.486	11½
Memphis	17	19	.472	12
New Orleans	15	22	.405	14½
L.A. Lakers	14	23	.378	15½
Sacramento	13	22	.371	15½
Utah	13	26	.333	17½

d-division leader

Monday's results

Toronto 116 Milwaukee 94
Houston 104 Boston 92
New York 98 Phoenix 96 (OT)
Washington 102 Chicago 88
San Antonio 101 New Orleans 95
Dallas 107 Orlando 88
Utah 118 Denver 103

Sunday's results

Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
San Antonio 104 Minnesota 86

Tuesday's games — All Times Eastern

Sacramento at Indiana, 7 p.m.
New York at Charlotte, 7 p.m.
Oklahoma City at Memphis, 8 p.m.
Cleveland at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

Taurus

April 21 - May 21

Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

Gemini

May 22 - June 21

You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

Cancer

June 22 - July 23

Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

Leo

July 24 - Aug. 23

It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

Virgo

Aug. 24 - Sept. 23

The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

Libra

Sept. 24 - Oct. 23

You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

Scorpio

Oct. 24 - Nov. 22

You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

Sagittarius

Nov. 23 - Dec. 21

You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

Capricorn

Dec. 22 - Jan. 20

It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

Aquarius

Jan. 21 - Feb. 19

You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

Pisces

Feb. 20 - March 20

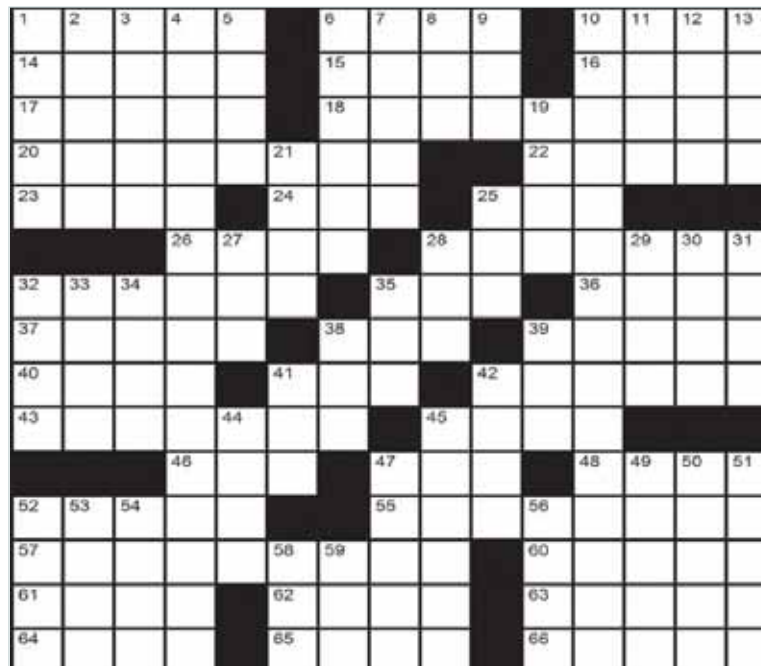
Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Fedora borders
6. Pitcher
10. ___ au lait
14. Till again
15. Amble
16. "I ___ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "___ Inquest"
22. ___ whale
23. General Robert ___
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "___ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, ___ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically



- charged
52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of \$\$\$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part

63. Summary
 64. Glance
 65. Prescriptions, commonly
 66. Celebrating 50 Years: ___ University in Peterborough, Ont.
- Down**
1. English composer, William ___
 2. Like Queen Elizabeth

3. "That's all that ___" (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. Atomic Number 68
7. Brooklyn Bridge tune: "___ That Could Happen"
8. Ms. Longoria

9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jennings
21. Paint layer

25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. ___ & The Gang
31. ___-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

9°/2°

Rain

80%

Wednesday

8°/1°

Showers

40%

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financing

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Sportage SX shown¹

2013 SPORTAGE

hwy / city 100km¹
6.5L/9.7L

WAS
~~\$146~~

THROWBACK PRICING

\$106² BI-WEEKLY for the first 15 MONTHS.
6-SPEED AUTOMATIC

0%³
financing

Includes Variable Throwback Pricing Incentive. \$106 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2013 Sportage LX AT FWD (SP752D). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$146. Principal balance of \$7,578 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.⁴



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Rondo EX Luxury shown¹

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hwy / city 100km¹
6.2L/9.4L

WAS
~~\$126~~

THROWBACK PRICING

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0%³
financing

Includes Variable Throwback Pricing Incentive. \$86 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2014 Rondo LX MT (RN551E), financing for 84 months. Offer includes \$750 loan credit⁵. After 15 months, bi-weekly payments increase to \$126. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.⁴

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Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by January 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. ¹Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. 0% financing for 84 months example: 2014 Rondo LX MT (RN551E) with a purchase price of \$25,639 (including \$1,665 freight/PDI) financed at 0% for an 84-month period equals 32 reduced bi-weekly payments of \$86 followed by 150 bi-weekly payments of \$126. Cost of borrowing is \$0 and total obligation is \$25,639. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Rondo LX MT (RN551E) shown is \$1,280 (a \$40 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/84 Amortization Financing example: 2013 Sportage LX AT FWD (SP752D)/2014 Sorento 2.4L LX AT FWD (SR75BE) with a purchase price of \$26,524/\$28,539 (including \$1,650/\$1,665 freight/PDI) financed at 0% for 60 months amortized over an 84-month period equals 32 reduced bi-weekly payments of \$106/\$122 followed by 98 bi-weekly payments of \$146/\$157 with a principal balance of \$7,578/\$8,154 plus applicable taxes due after 60 months. Cost of borrowing is \$0 and total obligation is \$26,524/\$28,539. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2013 Sportage LX AT FWD (SP752D)/2014 Sorento 2.4L LX AT FWD (SR75BE) shown is \$1,280/\$1,120 (a \$40/\$35 reduction in 32 bi-weekly payments). Limited time offer. Offer excludes taxes. See retailer for complete details. ²0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ³Loan savings for 2014 Rondo LX MT (RN551E) is \$50 and is available on purchase financing only on approved credit (OKC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. ⁴Model shown Manufacturer Suggested Retail Price for 2014 Sorento 3.3L EX AT AWD (SR75HE)/2013 Sportage 2.0T SX Navigation (SP759D)/2014 Rondo EX Luxury (RN756E) is \$34,895/\$33,145/\$32,195. ⁵Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (AT)/2013 Sportage 2.4L MPI 4-cyl (AT)/2014 Rondo 2.0L GDI 4-cyl (AT). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.